

KNITTING BAGS OF BROCCOLI

UNWASHED DISHES NO CRIME WHEN IT'S SUNDAY IN OCTOBER

Woman Cheats Herself Who Lets Household Details Rob Her of Fling in the Open—Sunday Walk Heals Rest of the Week

TOMORROW will be Sunday, and it's October!

There's a funny thing to be observed about Sundays in October. You'll see any number of people shuffling their feet along in the leaves, whiffing in the sunshine and the tang of the air—but these people aren't women. As far as family parties are concerned, they are "father and the children."

Some one is cheating. Who is it? After patiently wondering about this and finally asking a few questions, I have come to the conclusion that it is "mother" who cheats herself out of this healing, life-giving slice of a Sunday under the sky.

Women, I have found out, prefer to stand over the kitchen table and the sink to being out in the open, swinging energy into their bodies and the blood-tugging vigor that makes for loveliness in a woman whether she be twenty or sixty.

When this statement was made in the presence of mothers a concentrated NO was the reply. Then there was an aftermath of eulogy on the country and how wonderful it is to get out into it. How scrupulous but impossible!

The walk on Sunday is as possible to the mother as her good sense cares to make it. It is so possible sometimes that only the making of the mayonnaise stands between her and the air.

It is so possible at other times that only the washing of the dinner dishes delegates the Sunday walk to the rank of impossibility.

WHAT is a dinner minus mayonnaise compared to a life slipping by with out its fling in the outdoors? What is the crime of dishes neatly scraped, piled and left standing compared to the frightfulness of pouring out youth over the

Vivettes



The lady in the sketch holds up the inner side of her muff for you to see—for there she has tacked on a knitting bag of broccoli that matches her turban. Of course, she's one of those who go nowhere without their knitting.

litchen sink when one might be gathering lichen in it on the top of some hill?

Oh, mother, you're cheating, how much you'll never know until you fling your housework to the winds—to the October winds—and go life-gathering on a Sunday. There are thrills out there waiting for you, sunsets so beautiful they hurt trees and sky so still that they heal all the rest of your week.

You knew all this once, mother. But you forgotten October?

PATSY

THE By JUDY MORTIMER LEWIS

Making Calls

I WAS cold this morning when Bowdy and I rambled and come water in the street had frozen and I pretended to skate on it with my bare feet, but the ice kept breaking through. A lady stopped and looked at me and said, "Child, you have no shoes on your feet." "How careless of me," I said, pretending I was surprised and looking at my feet. "Where do you live?" said the lady. "I said, "In that house over there. Where do you live?" she said, "How old are you?" "I'm twenty-eight. How old are you?" "Never mind how old I am," she said. "I am going to talk with your mother." "Not today, are you?" I said. She said, "I've been waiting for your mother to be in heaven about ten years." She said, "What is impossible if you are only seven." I said, "That is not certainly seems like ten years." She said, "I am going to have the 'Child Welfare Society' look into your case."

"You talk as if I was a wretch," I said. "I haven't any case. I am a little girl." Then she sniffed and went down the street and I went to have another talk with old Miss Fumskind. She had given me six cents and was saying something. I said, "Have you really given me six cents?" "Yes," she said. "I certainly have." I said, "What? Am I a bad little girl?" She said, "No, you are not a bad little girl. You are about the best little girl I know and I am ashamed of what I said. I shall never give you up. I think I am jealous because you have found other friends and do not come to see me so much as you used to do." "Well," I said, "I will come to see you often, but I have to go to school. Do you have pie in your office?" "Yes," she said. "I have a piece of pie and I ate it and we were outside again. She said, "You do like a little bit, don't you?" "Patsy?" I said. "Yes, I do like it." She said, "You are an old maid, in it?" She said, "It is too, and I am old and I have had my chances. I said, "That is where you went wrong. You have got to take a chance once in a while or you will never get anywhere."

Then Bowdy and I went to school and after school I went home and there was the woman who was going to look into my case. She had her little girl along and they and another woman were just going to go out. I said, "What do you want?" The woman said, "What do you want to do?" "This baby," she said, "is neglected and I have made a complaint to her against your father for making you so neglected in his neglectful mother." "Is this your little girl?" she said. "Yes," I said. "Then I said to the other woman, 'I will make a complaint against Miss Fumskind for making her little girl neglected.' The woman said, 'That both would be true and when they found I would not shut about when they went away.'"

Then Bowdy and I went and ping the bell and called on Miss Fumskind. She had a party when she opened the door and we walked in and sat down. She just stood there and said, "What a party!" "Yes, are you?" "How is your father?" Old Miss Fumskind felt bad because I did not go to see her any more, and I do not want you to get bad too." She said, "How was your mother?" "She did and I went away. The Fumskind mother was not at home because she has now got an auto. Mrs. Wells opened her door and saw me and told me to run along and shut the door. So I went to see the woman with the new baby and she said I might see the baby if I would not kiss it. I said, "You can kiss it, like that, but I would not let my dog kiss it." Then she said I'd better run along. So I went to the "river" watching and he was glad to see me and showed me how to tie all kinds of knots in a rope. He told me to be a sailor and sailors are always lying liars.

Then we went home and fell on our faces and I uttered a large Amen, with my hands, hallowed be Thy name. I thought I would speak to you about the wires being down, but neither had anything to do about it. I wish you would get busy. You might let something else go all that is done. It ought to be looked after if you are going to keep heaven up to date. I'm not mad about it, but I wish you would make up a little. Bless my mother and my father and Bowdy and me. Amen."

"Through in China, the best Patsy Kildare adventure, will appear in Monday's Evening Ledger."

Tomorrow's War Menu
BREAKFAST
Scrapie
DINNER
Vegetable Soup
Stuffed Roast of Veal
Braised Potatoes
Mashed Turnips
SIPPERS
Veal Salad with cold Cabbage
Cocoa
Jelly Roll
RICE APPLES
Boil one cupful of rice in two quart of boiling salted water; drain and save water for use in soup. Pare six medium-sized apples and remove the cores. Fill the centers of the apples with the rice and nut. Cut six pieces of cheese about twelve inches square. In the center place a heaping tablespoonful of rice; on this place the apple. Then bring the corners of the cloth together and the firmly. The rice should coat the apple thickly. Drop into boiling water and cook until the apples are soft. Tuttle and serve. This is a splendid dessert for children, one with a glass of milk and a piece of toast furnishing an abundant supper for a small child.—Good Housekeeping.

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QUESTION BOX

By JUDY MORTIMER LEWIS

Colds and How to Prevent Them
THE condition that we usually call a cold is really not a cold at all. It is a heat rather than a cold. One does not "catch" cold; instead, the cold catches the victim and gives him a fever.

One "catches" a cold because for some reason the skin lacks resistance. Apply a cold-water compress to a person's head for several hours and he will begin to complain that his forehead is sore and painful; he will have neuritic pain in his forehead; the skin and the flesh become sore. Sometimes it is necessary to keep an ice bag over the heart. When the ice bag has been kept there half an hour two or three times a day for two or three weeks, the patient, in most cases, begins to complain of soreness in that particular region. This pain is called "rheumatism" for lack of a better term. It is not rheumatism at all, but simply a painful, sensitive condition due to the lowering of the blood temperature in that region, which permitted the waste matters to accumulate in these tissues, and as a result the nerves and other tissues have become abnormally sensitive.

This is a general way we may say that the cause for taking an ordinary cold is lowering of the temperature of the blood, either locally or generally. If a person has been perspiring from exercise and sits down and lets the wind blow on him he soon begins to feel chilly. While he is perspiring, his muscles were generating heat. For a muscle generates heat just as a dynamo generates electricity. By its action heat is generated, just as by the rotation of the armature of the dynamo electricity is generated—and, in fact, in a very similar way, not in the way a stove generates heat, but in the way a dynamo generates electricity.

If a person perspires when exercising it is because he generates more heat than is needed to keep the body warm, so it is necessary that the body should be cooled, and perspiration is simply the effort of the body to cool itself. Bathing the skin with water and allowing the water to evaporate also has the effect of cooling the skin.

Now when the perspiring individual ceases to exercise and sits down the effect is that of putting out a fire or blowing out a light. The extra generation of heat ceases, so the evaporation goes on without any extra heat being produced, because the skin is wet and the clothing contains moisture and the evaporation causes a chilling of the body.

It takes but a few minutes to produce this result, but in order to warm the body up, the muscles are set into spasmodic contraction. There is shivering and sneezing, which are signs of a general spasm.

When one sneezes he does not sneeze with his nose, but through it. It is the entire body that is exercising. Every muscle contracts. The feet are lifted up from the floor. There is a jump of the whole body. It would be quite impossible to hold anything steady in your hand when you sneeze; but the motion is particularly of the expiratory muscles. There is a sudden contraction of these muscles, with an explosive effort of nature to warm the body.

When you sneeze you say, "Oh, I am taking cold." That is a mistake. You have taken cold. Your temperature has been lowered and you already have the cold and the muscular spasm is the effort of nature to cure it.

Now if you want to help nature, the best way is to keep right on exercising. You feel a little shiver started here and there and you feel chilly. Now set your muscles to work as hard as you can. That is the quickest way to stop the shivering.

Certainly one can prevent himself from taking cold. One sits in church and a



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By JUDY MORTIMER LEWIS

Tobacco and Blood Pressure
WHAT is the effect of tobacco upon the blood pressure?
Tobacco always raises the blood pressure. In an experiment upon an habitual smoker it was found that the blood pressure raised twenty-five points in twenty minutes after the young man had smoked three cigarettes. It was one hour before the blood pressure returned to normal. It is thus evident that smokers who indulge several times a day keep the blood pressure constantly above normal. If you have found that you have a high blood pressure you should at once stop the use of tobacco.

Clay Poultices
How is a clay poultice made?
Modern clay poultices consist of equal parts of water and glycerin to the consistency of very thick cream and applied hot to the painful part often affords relief. It is far better than bread and milk poultices or any

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draft blows on the back of his neck. He says, "I am going to get a cold. I shall have a stiff neck tomorrow."
You do not need to get a cold. Just make the muscles contract as hard as possible; keep them working as they will keep the skin warm and you will not take the cold.

And the best of it is that one does not have to take gymnastic exercises or walk in order to exercise. One can sit perfectly still and work so hard as to make himself perspire freely—by making every muscle of his body tense. The hands can be kept straight at the sides, with the muscles perfectly rigid. Make every muscle of the body rigid and you will see pretty soon that you are breathing hard. Pretty soon you are taking deep breaths. You may say that it is hard to do that, but nevertheless one can sit quietly in church or other gatherings and look the speaker in the face and at the same moment work as hard as though he were running to catch a train, or one may sit at his desk and dictate important letters or papers and at the same time be doing hard physical work.

This one does not need to take cold because he is sitting still, for one does not need to be idle and relaxed just because one is sitting still.

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THE WOMAN'S EXCHANGE

Letters and questions submitted to this department will be published in the next issue of the paper only and signed with the name of the writer unless otherwise stated. It is understood that the editor does not accept responsibility for the return of correspondence. All communications should be addressed to THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

- 1. How may a very attractive one-piece minute screen be made from an old one?
- 2. What makes very dirty and at the same time simply fashioned curtains for a bedroom?
- 3. Now that cold weather is on the way, what economy can be applied in cooking?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. Common brick covered with a piece of old carpet makes an excellent home-made polishing "toy" for polished floors.
- 2. If frames that have soaked overnight are baked in the oven in place of being stewed their flavor will be found richer.
- 3. To clean linoleum wash with a soft woven cloth and lukewarm or cold water. Dry thoroughly with a soft cloth and polish with milk or a weak solution of lemon juice in spirits or turpentine. Never use a brush or hot water or soap.

Peppers Stuffed With Meat

To the Editor of Women's Page:
Dear Madam—Will you please tell me of a good way to stuff peppers? I mean in the usual way.
Here is a way to stuff peppers that affords more or less of a meal:
Make a filling of a tablespoonful of cold minced ham, one of chicken or any other kind of cold meat, three chopped mushrooms and a cupful of boiled rice. Moisten this paste a little with melted butter and a chopped-up tomato. Cut off the "fancy" end of the pepper and take out the seeds and the fiber. Soak the peppers for three minutes in salted boiling water and then put in ice water for fifteen minutes. Then drain off the water and wipe dry. Fill with the meat paste and put the tips back on again. The peppers are cooked for twenty minutes in a dripping pan containing a little soup stock. Stand them up side by side and serve on a platter with a little salad oil.

Macaroni Salad

To the Editor of Women's Page:
Dear Madam—I would like to know how to make a very fine salad can be made from cold macaroni. There are several different combinations that can be used. Here is one we like in our house. Cold macaroni, cold carrots, cut into little squares; cold beef, cut up, few, and cold peas, either drained or according to the season. A mayonnaise salad is used with this and the peas are omitted in the warm season. (Mrs.) A. J.

Any suggestion that helps to utilize leftovers is a welcome one these days.

To Unscrow Fruit Jar Top

To the Editor of Women's Page:
Dear Madam—Here is a little help about sealing the top of a jar. If every one has trouble unscrowing the top of a jar that has been sealed, if the jar is sealed on the top of the jar of hot water, the jar will be done away with. When the jar is to be opened, pour water into the jar and the jar will be done away with. When the jar is to be opened, pour water into the jar and the jar will be done away with. (Mrs.) N.

No Exemption for Alien in Camp

To the Editor of Women's Page:
Dear Madam—Kindly publish in your column the following information about the new law. First, suppose a man is in a camp and is already in camp, has he a chance to be exempted from service in the army?
Second, is it all right for this alien to be exempted from service in the army, providing he has not a passport, but can produce witnesses from his native country who show him and can prove that he is an alien?
A READER OF THE LEDGER.

Clothes for Week-end Party

To the Editor of Women's Page:
Dear Madam—Will you kindly advise me through the Evening Ledger about what to wear to a week-end party. What would be the proper clothes to wear and take with me, for such an occasion?
Wear a tailored suit or sports suit and sports or stiff hat, walking shoes and stockings, several waists to wear with your suit and a top coat. A brightly colored sweater, white flannel shirt and white sports shoes, if the party is to be in the country, would be necessary additions, but these would not be suitable for town at this time of year. You might find out if your hostess dresses in evening clothes for dinner, as if she does not and there is not going to be a dance or evening entertainment, you would not need to take an evening dress, the afternoon frock could take the place of the evening dress.

Mildew and Axle Grease Stains

To the Editor of Women's Page:
Dear Madam—Can you give me any law to get rid of very strong mildew—out of a fir-tree's blue-stained coat? Also, tell me how to get axle grease out of a colored cotton dress?
To get the mildew out soak the dress in water and soap or soda. Then rinse in water and wash in cold strong soap.
To remove the axle grease stain blot out the grease, spread the spot with a little soap and wash it thoroughly and allow it to be washed to get. Wash first in all of soap and then in hot water and repeat the process. If this treatment is not successful cover the spot with the yolk of an egg that has been mixed with some oil of turpentine and let it dry. Scrub off and wash the spot thoroughly with hot water. Then wash the dress in water to which a little ammonia has been added and wash it thoroughly.



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